

### **Abstract of the Disclosure**

A heald (heddle) shaft (1) comprises at least one shaft rod (2) on which a damping element (12) is supported on the shaft rod carrier body (15) to be movable in the longitudinal direction of a heald or heddle (8) mounted on a shaft stave or rail (6) carried by the body (15) so as to be moveable toward and away from an abutment surface (26) of the support body (15) and an outer end surface (22) an eyelet of a heald or heddle (8) mounted on the shaft stave (6). By virtue of movably supporting the damping element (12), an alignment of the healds or heddles (8) is improved and facilitated, and a desired damping effect is obtained during the entire motion course of the healds or heddles (8).